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pg 11

HALIFAX • TUESDAY, MAY 25, 2010

metrone



Teen stabbed twice in chest

DARTMOUTH A 16-year-old male youth was stabbed twice in the chest in Dartmouth last night.

Staff Sgt. Darrell Gaudet said the incident took place just before 6:45 p.m. in front of Blockbuster Video on Wyse Road near the Macdonald Bridge.

The victim was taken by ambulance to the QEII Health Sciences Centre with serious stab wounds. He was undergoing emergency surgery late yesterday evening.

Police are looking for two male suspects, who Gaudet said were seen running from the scene after the stabbing.

METRO HALIFAX

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Local pg 3

Heat, sun slows
some Blue Nose
marathoners

Celebrity Buzz pg 17

Lohan
locked
down
by
court



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Victoria Day 21-gun salute



Members of the 1st Field Artillery Regiment from Halifax-Dartmouth perform a 21-gun salute at the Halifax Citadel yesterday at noon. Heard across the downtown core, the salute was fired in honour of Victoria Day. About 100 people were on hand to watch.

Securing shipments

Ottawa pledges \$95.7M to beef up air cargo safety measures

PAUL MCLEOD
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There were more physical announcements than there were details yesterday as a new \$95.7-million security program for air transport was unveiled.

Federal Defence Minister Peter MacKay was outside Halifax Stanfield International Airport yesterday, as five other cabinet ministers were at airports across the country, to unveil the air cargo security program.

The program is designed to establish counterterrorism security checks for air

cargo travel.

"Unlike passenger travel, where there's checks immediately before going on a plane, with cargo it often is in a warehouse, it often doesn't get checked just prior to going on a plane," said MacKay. "So the idea is to have 100 per cent checking of cargo prior to it going on an airplane."

However, MacKay couldn't say what percentage of cargo is currently pre-scanned.

There was also no breakdown available of how much of the total pot would

be spent at the Halifax airport.

It wasn't entirely clear on what the money would be spent, though MacKay did give some hints.

"In essence it's a more eyes-on, more hands-on approach to the handling of cargo prior to it going on a plane, and also capitalizing on new technologies — the use of dogs, for example, would also factor into the future," he said.

But MacKay said the responsibility to keep cargo



Peter MacKay

safe will ultimately rest on the shoulders of the industry itself. He said there needs to be a joint approach between the government, air transport agencies and the private sector.

More than 20,000 metric tonnes of cargo travelled through Halifax Stanfield International Airport in 2008.

Since December, the federal government has announced moves to strengthen explosives detection, introduce full-body scanners and the development of a passenger behaviour observation program.

Shooting wraps on Hobo With a Shotgun

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ENTERTAINMENT After five breakneck weeks, two Dartmouth filmmakers have completed filming a dream project.

After shooting on Hobo With a Shotgun wrapped up Friday, creators Jason Eisener and John Davies can now reflect on a whirlwind 25-day shoot that included Eisener, who was director, and several crew falling ill during two weeks of night shooting.

"No one saw the sun for two straight weeks. Everyone got sick, but they worked through it and did awesome," said Davies, who co-wrote the script.

Hobo famously began as a fake trailer submitted in a contest sponsored by Quentin Tarantino. It went on to become perhaps the first "YouTube movie" that gained so much success on the website it became a real film. The filmmakers ran with the concept, wanting every moment to include something special to get people talking.

"We wrote it in such a way that every scene has something crazy in it," said Eisener.

"For our budget, and the amount of crew we had, we pulled off miracles. It's going to be a really weird, crazy movie."

One of the highlights was working with actor Rutger Hauer, whose films the duo sought out back in high school.

"One of the last things I said to (Hauer) was, 'Man, you made one of my dreams come true,'" said Eisener.



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Local



Expense transparency urged in Ottawa

Nova Scotia politicians mired in an ugly expense scandal exposed by the province's auditor general are urging their federal counterparts to stop blocking an audit of their spending habits. Bill Estabrooks, left, Nova Scotia's energy minister, says the members of Parliament who sit on the all-party internal economy board were wrong to deny the federal auditor general's request to submit MPs' expenses to a performance audit. Liberal MLA Leo Glavine says he's heard from constituents who say it's time for Parliament to make itself as accountable as Nova Scotia's house of assembly. **THE CANADIAN PRESS**

Crews return to scene of fire to check for hot spots

BLAZE Fire crews were back on the scene yesterday of a fire in a wooded area between the border of the Halifax Regional Municipality and Pictou County.

Department of Natural Resources officials say the fire, first reported Saturday in an area near Loon Lake Road close to Pictou County, is under control and several cottages nearby are not in danger.

The department says about 7.7 hectares of softwood and wood debris have burnt so far.

Crews are now checking for hot spots and flare-ups in an area contained by a hose line and fire breaks.

The crews include 12 personnel from DNR as well as 16 firefighters from two departments.

A helicopter is also on site as a precautionary measure. **THE CANADIAN PRESS**

HRM budget gets a little leaner

\$3M taken from snow removal, transit funds means drop in tax rate hike

JENNIFER TAPLIN
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The HRM budget was further trimmed before being approved by Halifax regional council on Friday.

An extra \$1 million was taken out of the snow-removal budget and \$2 million was taken from the transit fund. After a 10-

hour debate, council passed the 2010-11 budget in a committee of the whole meeting.

Council will ratify the budget at their meeting tonight.

Because of the extra trimming, the general tax rate increase was dropped to just under one per cent instead of the proposed 1.7 per cent. Summer weekly

green bin pickup was threatened in the proposed budget but council decided to keep it.

Fairview-Clayton Park Coun. Russell Walker said Sunday he received a number of comments from his constituents on the green bin matter.

"They said, 'If we're not going to get it, we're not going to use it,'" he said.

As for skimming from snow removal and transit, Walker said council will have a review in September to see how it can be done.

The municipality is in the beginning of a five-year transit expansion program, where 10 new buses will be added this year, Access A Bus will be expanded, and the Ragged Lake

Operations Centre and the Dartmouth Terminal will come on line.

It's a lean budget this year because staff had to compensate for a \$35.5-million shortfall. Transit expansion, compensation increases to staff, the province increasing the HST and a hit on solid waste operations are the big reasons for the gap.

Festival organizers eye tattoo regulations

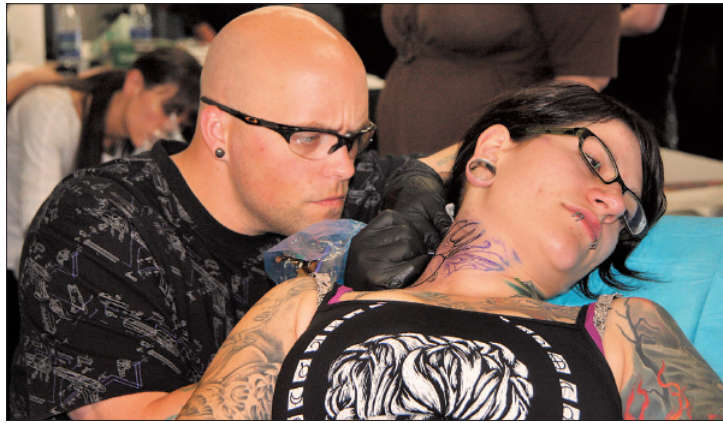
PAUL MCLEOD
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EVENT As the Maritime Tattoo Festival keeps growing, organizers are shifting it from a testament to the art form's acceptance to a tool for government change.

When it began as a single-room event with 20 artists four years ago, organizer Amber Thorpe wasn't sure Halifax was ready for it. But so many people ended up coming out that they couldn't fit them all in.

The fourth annual event, held at the Halifax Forum, drew about 1,500 people this weekend and featured about 65 artists whose homes range from Halifax to Vancouver to Florida. It's become a centerpiece of the Halifax ink scene.

"It's my life," said participant Lewie Graham, sporting a new neck tattoo. "I don't have the artistic ability to do it myself, but I've always been in love with the art since I was a kid. And to be able to live vicariously through amazing artists, it's a gift."



Damian Robertson of Perfect Image tattoo shop in Banff, Alta., works on the neck piece of fellow tattoo artist Jesse Lynn of Sussex, N.B., yesterday at the 2010 Maritime Tattoo Festival at the Halifax Forum Multipurpose Centre.

The festival has also become an attraction continent-wide. Ohio artist Mario Johnston came last year and was immediately hooked. Now he's making appointments for the festival next spring.

"Even though it's ridiculously far from home, I had such a good time I just had to get back here and do it again," he said.

But organizers aren't just basking in their suc-

cess. They're hoping to use the event to raise awareness of Nova Scotia's lax — and in many cases nonexistent — tattoo regulations.

"There's none. Zero," said Thorpe.

Back in her home province of Ontario, bi-weekly inspections are conducted to ensure tattoo parlours meet standards like having proper surfaces and separate sterili-

zation and hand-washing areas from the tattoo area.

Thorpe, who works out of Adept Tattoos and Body Piercing Studio in Halifax, said the Maritimes are lagging far behind the rest of the country in terms of regulations.

She said she wants to see the government regulate the things most tattoo artists are already doing to give the art form more legitimacy.

Horne trial by jury set for Halifax next month

CRIME A common-law couple accused of killing Jennifer Horne will be tried before a jury next month at Nova Scotia Supreme Court in Halifax.

Desmond

Maguire and his common-law wife Ashley Haley were looking to have their

first-degree murder trial moved out of HRM and by judge alone, but both requests were turned down by Nova Scotia Supreme Court Justice Richard Coughlan on Friday.

Maguire, 39, and Haley, 22, are charged in relation to the New Year's Eve 2007 slaying of Horne, a 20-year-old woman from Cole Harbour.

Police discovered Horne's naked body stuffed in the bedroom closet of an apartment on Dartmouth's Lawrence Street, where the couple accused of killing her lived.

The trial is set to begin on June 7. **METRO HALIFAX**



Jennifer Horne

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Blogs Global Peasant rekindles her romance with a little-used kitchen utensil and Sexcetera touches on the thorny issue of religion and marriage



Lotteries

Friday, May 21
Lotto Max: 14, 16, 30, 35, 36, 45 & 49 Bonus 10
Saturday, May 22
Lotto 6/49: 7, 8, 19, 23, 30 & 46 Bonus 4
These results are not official.



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Toddler run over, killed by vehicle driven by relative

ACCIDENT An 18-month-old girl is dead after a family member drove over the child with a truck near their New Brunswick home over the long weekend.

Police tell CTV News that the incident was a tragic accident and they are not conducting an investigation.

Witnesses at the scene of a mobile home in Lakeside estates near Moncton, N.B., say the girl was playing in the driveway while the family was in the process of moving when the accident occurred.

Witnesses say the girl was rushed to hospital where she died.

THE CANADIAN PRESS

Man facing charges after truck collides with house

CRIME A 41-year-old New Waterford man was taken into custody after a vehicle struck a house Sunday.

Cape Breton Regional Police say the incident happened at 8 a.m. after a 2007 GMC Sierra hit a home in River Ryan. Police report that both the car and the house received minor damage.

Witnesses told police a male was seen leaving the area on foot. After several hours an adult male was taken into custody.

The man is expected to appear in court at a later date. He will face charges including leaving the scene of an accident and breaching a court order.

CAPE BRETON POST



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34 charged with impaired driving in April: Police

Halifax Regional Police say they charged 34 people — 20 men and 14 women — with impaired driving in April. They also handed out six 24-hour suspensions. Police say those charged ranged in age from 19 to 68, with 19 under the age of 25. **METRO HALIFAX**

A beautiful day for a marathon

Blue Nose pulls in record 9,428 competitors in its seventh year

JENNIFER TAPLIN
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By the numbers

- Total competitors: A record 9,428
- Youth run: 2,906
- Full marathon: 332
- Youth run: 2,906
- Half marathon: 2,062
- 10K: 2,558
- 5K: 1,576

There's no pleasing some marathoners.

Sunday's Scotiabank Blue Nose Marathon was sunny and warm, but at least one runner was wishing for rain.

"I like rain and cold. I like the hurricane one, that was my best time," said half-marathon runner Zeno MacDonald, one of a record 9,428 participants in the marathon.

He said he ran into a few nice breezes in the beginning but the home stretch was hot.

"There were a few people stopping to catch their breath, but it wasn't too bad."

A medical staff was waiting at the finish line to assist several woozy runners, while others made a bee-line to the cool-mist tent.

Laughter rang out when Helena Cole crossed the line — she was talking on her cellphone as she finished her race.

"I was on the phone with a girl who ran the 10K, she was calling to see where we're at," she laughed. "It was good timing."

Cole said she loved the weather and the cheering crowds along the route.

Some participants ran or walked in teams, but Caroline Pellerin's teammate was in utero. The seven-month pregnant walker said she's normally a triathlete and marathoner.

"I knew I couldn't do any of that but I wanted to be a part of something this year so it was my way of participating," said the first-time mother-to-be.

Tanya Murray-Freeman pushed her four-year-old



Marathoners, including eventual winner Greg Wiecek, left, take off from the starting line in the Scotiabank Blue Nose Marathon on Sunday morning. Thousands of runners and walkers hit the streets on Saturday and Sunday to take part in the race weekend.

son Jack in a stroller decked out like a parade float. "It's the Blue Nose so we thought we'd go with blue of course and we thought we'd just have fun with it," Murray-Freeman

said. Jack's job was to eat crackers and cheer on his mom. "He says, 'Mommy are you running? Run mommy!'"

Using her guide dog and

a friend to guide the way, Heather Brenton ran the 5K for the first time on Sunday on team CNIB. "It's been great, I've been looking forward to this for awhile," Brenton said.

Wagmatcook to ask feds for inquiry into fatal shooting

DEATH Cape Breton's Wagmatcook First Nation will go to the federal government in its bid to get a public inquiry into a 2008 shooting death on the reserve, a band official said Sunday.

Brian Arbutnot, the band's director of operations, said Assembly of First Nations Chief Shawn Atleo is working to arrange a meeting this week with federal officials in Ottawa.

Last week Atleo called for a public inquiry into the death of John Simon, who was shot by RCMP in his home on the Cape Breton reserve.

A Halifax Regional Police investigation cleared Const. Jeremy Frenette who shot the allegedly suicidal and drunk man, but Simon's family and band officials contend the probe has left too many questions unanswered.

Arbutnot expressed disappointment that in response to Atleo's appeal, Nova Scotia Premier Darrell Dexter said a federal commission, not a provincial inquiry was best suited to taking another look at the case.

"We're a bit disappointed and frustrated with the fact the premier took the liberty of casting doubt on the request that we've made," said Arbutnot.

Outside cabinet on Thursday, Dexter said an inquiry wasn't the appropriate venue to deal with the broader social concerns being expressed by the community, although they are issues his government wants to address.

THE CANADIAN PRESS

Teachers' union head urges action on absenteeism

EDUCATION The president of the Nova Scotia Teachers Union is calling on Education Minister Marilyn More to act on an absenteeism report released earlier this year.

The report formed in May 2009 by the then Progressive Conservative government was released on Jan. 27.

It made 13 recommendations aimed at getting wayward students back into the classroom — and keeping them there.

More said after the report was released that she's been briefed on the recommendations but gave no indication if the department was considering adopting them.

"The minister needs to act on the absenteeism report now," Alexis Allen said in a release following Sunday's end of

"We're losing students and can't wait years for a policy to be put in place to help school boards, school administrators and teachers provide a full slate of options."

Alexis Allen, Nova Scotia Teachers Union

the 89th Annual Council of the Nova Scotia Teachers Union in Halifax.

"We're losing students and can't wait years for a policy to be put in place to help school boards, school administrators and teachers provide a full slate of op-

tions and support to encourage and require attendance, and keep kids in school."

The recommendations included investing in better attendance tracking systems, developing a communications strategy to ex-

plain to parents and students the importance of attending class, introducing more severe penalties for chronic absenteeism and channelling extra funding into alternative programs for at-risk students.

Also proposed was a change to the province's Children and Family Services Act, which could see parents face charges of neglect should they fail to ensure their kids attend school on a regular basis.

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Canadian travellers are being advised not to visit Kingston, Jamaica, after at least three people were killed in an outbreak of violence by suspected supporters of an alleged drug lord who faces extradition to the United States. **THE CANADIAN PRESS**

Canada



'Prince of Pot' pleads guilty

Marijuana activist Marc Emery has pleaded guilty in a Seattle federal court to drug distribution. Canada's so-called "Prince of Pot" admitted to the charge after reaching a plea agreement with American prosecutors and is expected to receive a five-year prison term. The 52-year-old was handed over to U.S. authorities Thursday after the federal justice minister ordered his extradition early last week.

THE CANADIAN PRESS

Feds mull axing tax breaks for oil sector

Canada is contemplating taking the lead on a key G20 pledge by announcing the elimination of some tax breaks for the oil patch prior to the June summit in Toronto, The Canadian Press has learned.

G20 leaders agreed last September in Pittsburgh they would reduce distorting fossil fuel subsidies over the medium term and pledged to present concrete national plans in Toronto.

But sources say Ottawa wants to get ahead of the pack. They say senior officials are studying a proposal that would see Ottawa announce plans to reduce tax support for the oil and gas sector prior to the sum-

mit. At stake is hundreds of millions of dollars in foregone tax revenue every year, sources say.

"This is unilaterally in our interest to do this, so let's just do it," said one insider.

In the meantime, negotiators have agreed how best to define what a constitutes a fossil fuel subsidy. While some G20 countries have argued that only consumption subsidies be targeted, others insisted, successfully, that production subsidies also be included.

Since Canada encourages fossil fuel production

mainly through the federal and provincial tax systems, Ottawa is on the hook, says Mark Halle, executive director of the International Institute for Sustainable Development. The IISD, based in Geneva, has used its research to support the G20 negotiations on fossil fuel subsidies.

THE CANADIAN PRESS



Canadian in Bangkok among wave of reporters taking lumps in global hot spots.

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Ottawa Deep recovery



An Ottawa police diver with the Underwater Search and Recovery Unit follows a marker where witnesses last saw a 26-year-old man swimming in the Ottawa River at Petrie Island near Ottawa yesterday. The man was reported missing after he went swimming near the shore shortly after noon. His body was recovered five hours later.

'Gentle Giant' dies in IED blast

KILLED A "Gentle Giant" who fought hardship on the battlefield without a word of complaint was killed yesterday by an improvised explosive device, the fourth member of the Canadian military to die in Afghanistan this month.

Trooper Larry Rudd, 26, a native of Brantford, Ont., died at 12:30 p.m. local time after an IED detonated near the Panjwaii district village of Salavat, about 20 kilometres southwest of Kandahar city, while he was on a combat re-supply patrol.

"Trooper Rudd will be remembered by the soldiers that served alongside him as a professional soldier who never complained regardless of the hardship that he and

Lethal weapons

- More Canadian military personnel have been killed as a result of an IED blast than from any other cause.

his crew endured," Col. Simon Hetherington, deputy commander of Task Force Kandahar, told a news conference at Kandahar Airfield. Among his military comrades with the Petawawa, Ont.-based Royal Canadian Dragoons, Rudd stood taller than most — both in physicality and maturity.

"He was big, strong and fit, and despite his intimidating size, he was considered the Gentle Giant within his squadron," Hetherington said.

THE CANADIAN PRESS

Move aims to hush politicians

COMMITTEES Another confrontation is brewing between the Harper government and opposition parties, with the Tories banning political staffers from appearing before parliamentary committees.

The Conservatives are expected to unveil a new policy on the issue today, when Parliament returns from a one-week break, said a spokesman.

"Ministers are the ones who are accountable for the policies, the operation and the decisions made by their staffers," Stephen Harper's director of communications, Dimitri Soudas, said.

"We're not in the United States here where the American Congress calls people, grills them and does whatever they want," he said.

THE CANADIAN PRESS

News in brief

LAW Peter Pocklington, the former owner of the Edmonton Oilers hockey team, has signed a plea agreement with U.S. authorities that may allow him to avoid a prison sentence for bankruptcy fraud, CBC News

Online reports.

METRO NEWS SERVICES

VISIT Ontario Premier Dalton McGuinty came to one of the oldest cities in the world to discuss a future of clean water and green energy with Israeli

Prime Minister Benjamin Netanyahu. McGuinty, who has been treated like a head of state in his trade tour of Israel, pointedly did not discuss politics in this holy and disputed city.

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World



Fergie's folly caught on tape

A spokeswoman says Duchess of York Sarah Ferguson is devastated after she was secretly recorded apparently offering to sell access to her ex-husband Prince Andrew in return for 500,000 pounds (about \$725,000). The tabloid News of the World posted video on its website Sunday that appears to show Ferguson, left, discussing payment terms. She is heard to say "500,000 pounds when you can, to me, open doors."

THE ASSOCIATED PRESS

Coast guard says BP using all means

OIL SPILL The U.S. officer overseeing the response to the devastating oil spill in the Gulf of Mexico said yesterday there would be nothing to gain by pushing BP aside and putting the government in charge.

"To push BP out of the way would raise a question, to replace them with what?" Coast Guard Commandant Thad Allen told reporters at a White House briefing.

Amid mounting frustration over BP's inability to stop the leak that has befouled

the Gulf for a month now — and questions about why the government cannot make the company do more — Allen insisted BP was "exhausting every technical means possible."

THE ASSOCIATED PRESS



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'Critical turning point'

South Korea aims sanctions at North following submarine attack

South Korea won U.S. support yesterday for slashing trade to North Korea and vowed to haul its communist neighbour before the UN Security Council for a torpedo attack that sank a South Korean warship and killed 46 sailors.

UN Secretary-General Ban Ki-moon said he expects the Security Council to take action against North Korea, calling the evidence that the North was responsible "overwhelming and deeply troubling."

The U.S. and South Korea are planning two major military exercises off the Korean Peninsula in a display of force intended "to

Canada acts

Canada is imposing sanctions on North Korea for the sinking of a South Korean naval vessel in March. Prime Minister Stephen Harper said

in a statement yesterday that the sanctions will include enhanced restrictions on trade, investment and other bilateral relations.

deter future aggression" by North Korea, the White House said.

President Lee Myung-bak laid out the economic and diplomatic measures aimed at striking back at the impoverished North, including halting some trade and taking the regime before the Security Council.

International investigators concluded last week that a torpedo from a North

Korean submarine tore apart the warship Cheonan on March 26 in the Yellow Sea off the west coast in one of South Korea's worst military disasters since the 1950-53 Korean War.

Lee said it was another example of "incessant" provocation by North Korea, including a 1983 attack in Myanmar on a South Korean presidential delegation that killed 21 people,

and the bombing of an airliner in 1987 that claimed 115 lives.

"We have always tolerated North Korea's brutality, time and again. We did so because we have always had a genuine longing for peace on the Korean peninsula," Lee said in a solemn speech at the War Memorial.

"But now things are different. North Korea will pay a price corresponding to its provocative acts," he said, calling it a "critical turning point" on the tense Korean peninsula, still technically in a state of war because the fighting ended in a truce, not a peace treaty.

THE ASSOCIATED PRESS

Human error may have caused crash: Official

INDIA Human error might have caused the crash of an Air India Boeing 737-800 plane that killed 158 people over the weekend, India's civil aviation minister said yesterday.

Weather conditions and other factors at the time the plane reached its destination "looked absolutely normal for a regular touchdown and a safe landing," Civil Aviation Minister Praful Patel told the CNN-IBN television news channel.

"You can't rule out a human error factor," Patel said. Only an inquiry could establish what exactly went wrong as the aircraft overshoot the hilltop runway and crashed and plunged over a cliff and into a ravine at dawn Saturday on the outskirts of the southern Indi-



Relatives of passengers who died in Saturday's Air India Express plane crash attend their funeral in Mangalore, India, yesterday.

an city of Mangalore, he said. Of the 166 passengers and crew aboard, only eight people survived the crash.

Investigators and aviation officials searched through the wreckage of the Boeing 737-800 strewn across a hillside to try to determine the

cause of India's worst air disaster in more than a decade. They recovered the cockpit voice recorder, which they hope will give them important clues, the Press Trust of India news agency reported.

THE ASSOCIATED PRESS

News in brief

THAILAND Opposition leaders moved to impeach Prime Minister Abhisit Vejjajiva yesterday for his handling of rioting and violence in Bangkok, and an army official said the capital would remain under curfew for another week as a precaution against further unrest. The impeachment measure reflects deep rifts that divide the country after two months of protests that left at least 88 dead and Bangkok in flames.

ZIMBABWE Police arrested two members of a gay organization after they posted a letter in their office from former San Francisco Mayor Willie Brown criticizing the Zimbabwean president's opposition to homosexuality, their lawyer said yesterday. Attorney David Hofisi said the two will remain in jail until tomorrow.

THE ASSOCIATED PRESS

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On April 10th, 2010, a record 590 people took to the streets of downtown Halifax for the 4th annual Credit Union Atlantic Lung Run and raised over \$38,000 to help change the face of lung health in Nova Scotia!

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Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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Comment

Chrétien still hanging around

NationalReport

Lawrence Martin

metronews.ca/nationalreport

t's Jean Chrétien's day today. The old warrior's portrait, which is to be hung in the halls of Parliament, will be unveiled in a ceremony hosted by Prime Minister Stephen Harper tonight.

A safe bet is there will be a lot of Liberals in attendance wishing Chrétien was still around. "Ah, the good old days." That will be the phrase on everyone's lips as his three straight majority election victories are recalled.

His legacy is getting better with time, particularly on account of what has happened since he stepped down in 2003. The once proud party has staggered ever since. Paul Martin won a minority and then was defeated. Stéphane Dion took over and the

party declined further. Michael Ignatieff replaced Dion and the party's latest poll standing is at 25 per cent.

Three factors have been at the root of the Liberal decline. One was 9-11, which changed the personality of the times, hoisting the security agenda forever to the forefront. A second was the sponsorship controversy that happened under the Chrétien watch and cost the party a dozen points in the polls. The Liberals have yet to recover from that scandal. The

third factor has been the party's inability to find a leader who can catch on.

Chrétien's words today will be parsed for advice but he has no magic formula for getting the Grits on track. His former adviser, Peter Donolo, is now chief of staff to Ignatieff. There is no doubt the former prime minister has had an opportunity to offer his counsel.

One piece of encouragement Chrétien will be able to provide is a reference to his own experience. He served as opposition leader

for three years and had a terrible time almost every step of the way and won.

Another sign of hope is the party's major opponent isn't exactly setting the world on fire. Since coming to power in 2006, the Conservatives have averaged only about 35 per cent support in the polls. Try finding any other government in Canadian history with rankings that low for so long a period.

What helped Chrétien enormously was the roll of fortune. He knows well that you have to have

breaks to win in this game. He got his with the complete collapse of the Tory party in 1993.

The little guy from Shawinigan, however, had qualities the succeeding Liberal leaders have lacked. He was a strong character with homespun personal appeal. He embodied good old-fashioned Canadian grit.

Stephen Harper is seen as the guy with grit now.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Worth mentioning

Feds fighting against Net misinformation

The next time you post an opinion in an online forum or a Facebook group message board, don't be surprised if you get a rebuttal from a federal employee.

The government is looking for ways to monitor online chatter about political issues and correct what it perceives as misinformation.

The move started recently with a pilot project on the East Coast seal hunt. A Toronto-based company called Social Media Group

has been hired to help counter some information put forward by the anti-sealing movement.

The Department of Foreign Affairs and International Trade has paid the firm \$75,000 "to monitor social activity and help identify ... areas where misinformation is being presented and repeated as fact," Simone MacAndrew, a department spokesperson, wrote in an email.

The firm alerts the government to questionable

online comments and then employees in Foreign Affairs or the Department of Fisheries and Oceans, who have recently been trained in online posting, point the authors to information the government considers more accurate.

It appears to be just the beginning.

The seal hunt pilot project was set up in part "to establish foundations and recommendations for future programs and campaigns to use social media

as another way to listen to, inform and engage with Canadians," MacAndrew added.

For some, the move to online monitoring was to be expected.

"I think we're seeing the government recognize that millions of Canadians are actively participating online in social networks," said Michael Geist, a law professor at the University of Ottawa who specializes in Internet law.

THE CANADIAN PRESS



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Intel to introduce new chips

Intel Corp., the world's largest chipmaker, is introducing a range of chips designed to power new thin and light laptop computers. The chips don't require as much power and generate less heat, enabling their use in machines with smaller batteries. About 40 new computers based on the chips will go on sale in early June. **METRO NEWS SERVICES**

9

Business

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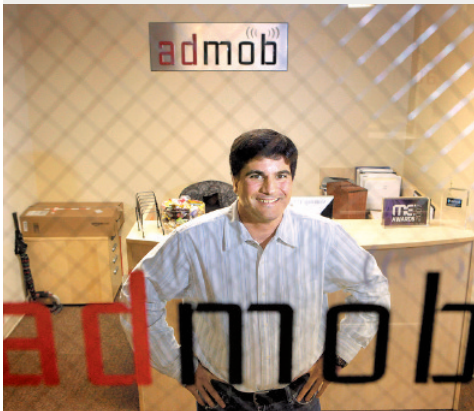
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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Marketing Google goes to Mob

Omar Hamoui, founder and CEO of AdMob, in San Mateo, Calif. U.S. regulators are clearing the way for Google to buy a mobile ad service called AdMob. Friday's Federal Trade Commission approval paves the way for Google to extend its dominance of Internet marketing into the wireless arena.

Into the boardroom

PETA stock-buying tactic takes protests to company officials

An animal rights group known for sending out scantily clad demonstrators to protest fur and other provocative stunts has gained influence in boardrooms with a more traditional tactic: Buying company stock.

People for the Ethical Treatment of Animals has been buying shares for seven years and now owns a piece of at least 80 companies, including McDonald's and Kraft Foods. It hopes to influence their policies on such things as how chickens are slaughtered.

By buying stock, PETA is guaranteed the right to present its ideas directly to officials and other share-

Two-way threat

• PETA campaigner Ashley Byrne said the company's attempt to work from within didn't signal an end to its more visible, and often outrageous, protests aimed at improving the condition of animals and encouraging people to stop eating meat.

holders, many of whom otherwise would likely pay little attention to the group.

"It gives us a new forum in which to present the research we've done to company executives," said Ashley Byrne, a senior campaigner for PETA.

PETA tries to negotiate

agreements with companies behind closed doors, but if that fails, the group submits shareholder resolutions with its proposed changes at shareholder meetings. Companies don't always change their policies, but Byrne said the effort has paid off.

After PETA bought stock, Safeway grocery stores and restaurant companies Ruby Tuesday, Sonic and Burger King agreed to give purchasing preference to suppliers that abide by what the group says are more humane rules, she said.

THE ASSOCIATED PRESS

Business in brief

TECHNOLOGY Google Inc. appears to be betting that cool little gestures like the scrunch will help it compete with Apple Inc.'s iPad and other mobile devices. Google has paid an estimated \$30 million for Toronto-based startup Bump Technologies Inc. which invented and patented a new type of touch screen technology that allows users to interact with their files much the same way they do in real life, without using a keyboard or a mouse.

TORSTAR NEWS SERVICE



China moves closer to currency reform pact with U.S., but it won't do it for nothing.

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Your Money

5 golden rules for new grads

Alison On Money

Alison Griffiths

metronews.ca/alisononmoney

Amid the euphoria of graduation — the cap tossing, the celebrations and the scramble for jobs — pause to consider your financial path.

The behaviours laid down during this next period are as critical to your future well-being as the first five years of life are to the development of young children. If you are a new grad — or have one in the family — here are some tips to help you get the most out of the earning years without becoming a slave to debt.

1 Save: It doesn't matter if you have student debt, a car loan and a work wardrobe to pay for, save a little something every month. It isn't the money that's important at this stage, rather the behaviour. Even \$20 is a good start.

2 Increase: Each time your salary increases, increase your saving by the same percentage. Most do

it the other way round. They increase spending first and often there's nothing left over to save.

3 Contribute: Take your savings and put half into an RRSP and half into a tax free savings account (TFSA). Meagre though each deposit may be, it is, again, the behaviour that is critical. Over time you build the TFSA for emergencies and the RRSP for the golden years. If you don't need it, the RRSP deduction can be carried forward.

4 Use and Pay: Regular use of a credit card for purchases like gas or groceries will create good credit karma. The key is to pay it off every month. Look for a low or no fee card that offers loyalty points or some other perk. The points are great for gift purchases like movie passes or extras like a barbecue.

5 Budget: It may be boring, but a budget is a blueprint for your financial life. With a new job in hand, lay out your monthly costs. A template is available on my site, alisongriffiths.ca.

Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at griffiths.alison@gmail.com.



15-year-old Jill MacDonald from Halifax, Nova Scotia, suffered a spinal cord injury from a bleed on the spinal cord. After emergency surgery and months of paralysis, Jill continues to show determination and strength well beyond her years.

Meet Jill and other Maritime children cared for by the IWK Health Centre on the 26th annual IWK Telethon, June 5th and 6th, on CTV.

To make a gift to the IWK Telethon for Children, or to find more information on the weekend's activities in your area, please visit www.iwkfoundation.org or call 1.800.595.2266.



www.iwkfoundation.org

TELETHON²⁶ for Children

June 5th and 6th, 2010

The Premier Basketball League has removed the Buffalo Stampede from the circuit for the 2011 season. A press release issued by the PBL said the Stampede did not adhere to "league operating standards." Expansion teams are expected to be announced in the coming weeks. **METRO HALIFAX**

Sports

Crookshank gets nod

Halifax Rainmen power forward Eric Crookshank, right, was named a Premier Basketball League first-team all-star on the weekend. Crookshank and teammate Gary Ervin also cracked the all-defensive team and Rainmen point guard Eric Gilchrese was on the all-rookie squad. **METRO HALIFAX**



EDITOR: DON.MCHOULL@METRONEWS.CA



Montreal's Kinue Taga celebrates as she crosses the finish line in first place in the women's full marathon on Sunday morning.

Marathon win takes toll on Taga

MATTHEW WUEST
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BLUE NOSE When all four-foot-10 and 90 pounds of Kinue Taga crossed the Blue Nose Marathon finish line on Sunday, she pumped her fists in the air to celebrate. Moments later, she tumbled into the arms of paramedics.

The 38-year-old from Montreal succumbed to exhaustion and cramping, but not before being crowned female champion with a time of three hours, 26 minutes and 20 seconds on the 42.2-kilometre course.

"It was the toughest marathon I've ever done ... This was my 16th."

Kinue Taga

"It was so hot and windy," said Taga, who declared she felt "amazing" after more than a half an hour of treatment from paramedics. "It was the toughest marathon I've ever done ... This was my 16th."

Taga said as far as she could tell, she led the female pack from the starting gun. The second-place

finisher, Halifax's Penny Hart, was 2:02 behind in 3:28:22.1.

"At the first (checkpoint) at 5K, someone screamed at me that I was first," Taga said. "I couldn't believe it." The wind took its toll on her small frame, forcing her to expend more energy with every step.

"I usually go behind the guys (to block the wind), but there was nobody (around me)," she said. Taga came to Halifax specifically to run the Blue Nose and didn't rule out returning again to defend her title.

"I will come back," she said.

There's a new champ in town

MATTHEW WUEST
matthew.wuest@metronews.ca

Greg Wiecezorek aspires to follow in David MacLennan's footsteps — but for at least a day, he made MacLennan follow in his.

Wiecezorek, who moved to Halifax from London, Ont., three weeks ago, made a name for himself at the Scotiabank Blue Nose Marathon on Sunday by posting a time of two hours, 39 minutes, three seconds to wrench the crown from MacLennan, the defending champ and four-time winner.

MacLennan, a 46-year-old who has become a local marathoning legend, led after an early push but gave way to Wiecezorek around the seven-kilometre mark. The new kid in town had heard about MacLennan's long list of accomplishments all week but didn't look back after taking the lead, finishing with a 10-minute cushion.

MacLennan's time was 2:49:27.

"It's hard not to read the articles about David in the papers," Wiecezorek said with a smile. "Even my wife's grandma told me he was going to win."

But the 28-year-old Wiecezorek, a relative newcomer to the sport compared to MacLennan after taking it up three years ago, took motivation from his veteran counterpart in the seventh marathon of his career.

"I'll be really lucky if I have the career David has," Wiecezorek said.

"I aspire to have another 20 years of marathoning and follow in David's footsteps."

Wiecezorek's wife, Maura



Greg Wiecezorek raises his arms in victory after finishing first in the Scotiabank Blue Nose Marathon on Sunday morning. Wiecezorek, who just moved to Halifax from Ontario three weeks ago, finished ahead of last year's winner David MacLennan by more than 10 minutes.

Winners

• FULL MARATHON

MEN
Greg Wiecezorek, Halifax,
2:39:03.

WOMEN
Kinue Taga, Montreal,
3:26:20.

HALF MARATHON

MEN
Oliver Hatheway, Hebbville,
Lunenburg Co., 1:17:32.

WOMEN
Laura Keefe, Halifax,
1:27:55.

10K

MEN
Curtis Archibald, Halifax,
34:33.

WOMEN
Emily Hamilton, Dartmouth,
40:14.

5K

MEN
Mike Tate, Heatherton,
Antigonish Co., 15:45.

WOMEN
Rebecca Reeves, Halifax,
19:02.

Connolly, is a native Haligonian and the couple — who met in a marathon club in London and got married last September — decided they wanted to settle in her hometown. Maura also ran the Blue Nose and finished fifth among females with a time of 3:33:59.6.

The Wiecezoreks didn't have much time to explore the hilly 42.2-kilometre course after arriving in Halifax, but Greg said it "lived up to its reputation" for being a challenge.

Although he was more

than five minutes off his personal best of 2:34, he was thrilled with the time given the terrain and the heat.

"I've got a lot of respect for that course," said the chartered accountant, noting the difficulty of the Dartmouth loop.

Wiecezorek said he is eager to continue marathoning in the area and hopes to be back to defend his Blue Nose title.

"Halifax has a terrific running community," Wiecezorek.

"My wife and I are really excited to be a part of it."

Sports in brief

SOCCER Halifax City picked up where it left off as it opened the Nova Scotia Soccer League Premiership season on the weekend. City, the three-time defending provincial men's champions, earned a 3-2 victory over Halifax Dunbrack at Wickwire Field on Saturday,

with goals from Dylan Sheehan, Matt Houston and Carl Ensminger. Both squads are back in action this coming weekend in the Halifax area. **PBBA** Team Richard Preston defeated Team Amesbury 101-95 to win the B Division title at the Provincial Black Basketball

Association's annual invitational tournament at Citadel High School on Sunday. B Division MVP Matthew Downey dropped a game-high 25 points. In the C Division final, it was Team William Hall getting past the Preston Selects 74-72.

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Winning record can't save Cavs coach

Mike Brown won everything in five years coaching the Cleveland Cavaliers. Everything, that is, except an NBA title. Brown, the most successful coach in franchise history, was fired yesterday after failing to win a championship with superstar — and soon-to-be free agent — LeBron James. **THE ASSOCIATED PRESS**

sports 11**SCOREBOARD****NHL**

YESTERDAY'S RESULTS
Philadelphia 4 Montreal 2 (Flyers win series 4-1)

PLAYOFF SCORING LEADERS

	G	A	Pt
Toews, Chi	7	19	26
Richards, Phi	6	15	21
Kane, Chi	7	13	20
Cannellieri, Mtl	13	6	19
Crosby, Pgh	6	13	19
Briere, Pgh	9	9	18
Franzen, Det	6	12	18
Pavelsk, SJ	9	8	17
Giroux, Phi	8	9	17
Sharp, Chi	7	9	16
Gionta, Mtl	9	6	15
Samuelsson, Vcr	8	7	15
Zetterberg, Det	7	8	15
D.Sedin, Vcr	5	9	14
Pronger, Phi	4	10	14
H.Sedin, Vcr	3	11	14
Boyle, SJ	2	12	14

NBA

YESTERDAY'S RESULTS
Orlando 96 Boston 92 (Celtics lead series 3-1)

TODAY'S GAME
L.A. Lakers at Phoenix, 10 p.m.

BASEBALL

YESTERDAY'S AL RESULTS
Boston 6 Tampa Bay 1
Chicago White Sox 7 Cleveland 2
Toronto at L.A. Angels

YESTERDAY'S NL RESULTS
Cincinnati 7 Pittsburgh 5

TODAY'S AL GAMES
Chicago White Sox at Cleveland, 8:05 p.m.
Oakland at Baltimore, 8:05 p.m.
Boston at Tampa Bay, 8:10 p.m.
N.Y. Yankees at Minnesota, 9:10 p.m.
Texas at Kansas City, 9:10 p.m.
Toronto at L.A. Angels, 11:05 p.m.
Detroit at Seattle, 11:10 p.m.

TODAY'S NL GAMES
Atlanta at Florida, 8:10 p.m.
Philadelphia at N.Y. Mets, 8:10 p.m.
Pittsburgh at Cincinnati, 8:10 p.m.
L.A. Dodgers at Chicago Cubs, 9:05 p.m.
Houston at Milwaukee, 9:10 p.m.
Arizona at Colorado, 9:40 p.m.
St. Louis at San Diego, 11:05 p.m.
Washington at San Francisco, 11:15 p.m.

Flyers bid Canadiens adieu

(Flyers win series 4-1)

Canadiens 2 Flyers 4



Arron Asham and Jeff Carter scored in the second period as the Philadelphia Flyers advanced to the Stanley Cup final with a 4-2 victory over the Montreal Canadiens last night.

The Flyers, who squeaked into the playoffs by winning their final regular season game in a shootout, took the best-of-seven Eastern Conference final 4-1 and will face the Chicago Blackhawks for the Cup.

It will be Philadelphia's eighth trip to the final and their first since 1997. They have not won since they took back-to-back Cups in 1974 and 1975.

Flyers captain Mike



Philadelphia Flyer Mike Richards scores a goal past Montreal Canadiens Marc-Andre Bergeron, Jaroslav Halak and Roman Hamrlik last night in Philadelphia. The Flyers won 4-2.

Richards scored his first of the series while killing a penalty in the first period after Brian Gionta got one for Montreal, which looked to have run out of steam after seven-game upset victories over Washington and Pittsburgh.

Scott Gomez added a goal in the third as the

Canadiens mounted a desperate charge but were unable to get the equalizer. Carter scored his second of the game into an empty net with 23 seconds left.

The Flyers were outshot by Montreal 27-26.

The Flyers defence proved too much for Mon-

tréal, allowing them few good chances in their four wins, and held one of the Canadiens' best weapons, the power play, to 1-for-22 in the series.

Game 1 of the Stanley Cup final goes Saturday with Chicago hosting Philadelphia 9 p.m.

THE CANADIAN PRESS

Sports in brief

QMJHL The QMJHL has unveiled its schedule for the 2010-11 season. The Halifax Mooseheads kick off their 68-game schedule on Friday, Sept. 10, against the Cape Breton Screaming Eagles at the Metro Centre and host the Bathurst Titan on Saturday, Sept. 11, as part of opening weekend. They finish the campaign on March 20, also at home versus Cape Breton. Visit lhjmq.qc.ca for the full schedule.

NFL Ready for an outdoor Super Bowl in cold, possibly snowy weather? Thinking that new overtime rule adopted for playoff games should be used in the regular season, too? NFL owners will discuss those things and more today during meetings in the Dallas area.

MLB The Texas Rangers filed for Chapter 11 bankruptcy protection yesterday in hopes of spurring completion of the stalled \$575-million US sale of the team — and maybe clear the decks for new owners to make pennant-chasing decisions this summer.

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20 Lancôme Juicy Tubes are sold every minute

To celebrate its tenth birthday, Juicy Tubes has launched 100% Natural Origin, using a natural formula and tube graphics by Japanese artist Yayoi Kusama. Find them at Lancôme counters for \$22 each. **METRO NEWS SERVICES**

Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Shedding light on vitamin D

CELIA MILNE
for Metro Canada



Two-thirds of us are still low in vitamin D. Although the sun is a great source of this needed nutrient, it may be tough to get enough vitamin D consistently and safely from its rays.

That's why most experts recommend taking vitamin D supplements and eating foods high in the sunshine vitamin.

"As we accumulate more evidence that vitamin D is needed for normal biological functions, we're thinking supplementation is a good idea for most Canadians," says Dr. David Hanley, a professor of medicine in endocrinology and metabolism at the University of Calgary and an expert on vitamin D and bone health.

Vitamin D deficiency is associated with rickets and osteoporosis, as well as bone fractures. It's also possibly linked with cer-

tain cancers (non-Hodgkin's lymphoma, min D supplements are rising by 50 per cent a

year, reports the CBC.

But headlines around

measured in nanomoles per litre (nmol/L).

In the old guidelines, having less than 27.5 nmol/L was considered a deficiency.

These days, an amount that low is considered a severe deficiency — serious enough to cause rickets — and recent research shows we should all be aiming for vitamin D status much higher than that.

"Most of us in North America believe we start seeing health benefits around the level of 75 nmol/L," says Hanley.

When you use 75 nmol/L as the cutoff,

it's more like two-thirds or more of the population that is deficient.

"It was confusing," Hanley says of the study.

"They used a cutoff for defining inadequate vitamin D that most people consider outdated."

The Institute of Medicine, which last issued dietary guidelines for Canada and the U.S. in 1997, is set to issue new ones later this year, which will reflect the explosion of new research in the area.

Getting that D into your day

VITAMIN If two-thirds of us are deficient in vitamin D, what should we be doing differently? There are three sources of this vitamin: the sun, food and supplements.

SUPPLEMENTS: "Until new guidelines are released this fall, I like to use the Canadian Cancer Society recommendation of 1,000 I.U. per day for adults," says Dr. Susan Whiting, professor of nutrition and dietetics at the University of Saskatchewan in Saskatoon. This is the amount often recommended in winter, but it's realistic all year round, says Whiting, since many people don't get much sun exposure in the summer either. Most multivitamins only contain 400 I.U. per tablet.

SUN: There is much debate in scientific circles about how much sun is safe. Exposure to the sun can increase risk of skin cancer and aging skin. Dr. Cedric Garland, a prominent vitamin D researcher at the University of California at San Diego, suggests that people with fair skin go out in the midday sun for between five and 15 minutes a day without sunscreen to absorb vitamin D. Dark-skinned people should expose themselves to sun for twice this long, he says.

FOOD: Cod liver oil, fresh salmon, canned fish and fortified dairy products have some of the high levels of vitamin D found in food.

CELIA MILNE/FOR METRO CANADA

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Sunshine is one way to get bone-building vitamin D but exposure to the sun for long periods of time ups the risk of skin cancer. Supplements and vitamin D-rich foods are another way to go but how much is enough?

the country recently proclaimed that only a small fraction of Canadians (10 per cent) are deficient in vitamin D.

So if people aren't deficient, why are they buying so many supplements?

It turns out that the 10 per cent number was based on obsolete guidelines. Statistics Canada sampled blood from 5,306 Canadians.

The amount of vitamin D in a person's blood is

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Put on your pinks

This Thursday, pull out your pink pumps and cherry-coloured clothes and wear them for national Wear It Pink Day to help raise awareness for the one-in-seven women who will be diagnosed with breast or gynecologic cancer. **METRO NEWS SERVICES**

health & beauty **13**

The trials of twosome travelling

The J Spot

Josey Vogels

metronews.ca/thejspot

Traveling with a significant other can be very revealing. A guy I went out with in my early 20s showed his true nature when, on our return flight from a week in Jamaica, I reached over to grab his leg on the plane and felt something lumpy under his pants. No, not that.

He had decided to strap a bunch of drugs to his legs and neglected to tell me. Customs was a riot, I tell ya.

Taking a relationship on the road not only lets you know whether your date's a criminal, spending day and night together challenges your ability to put up with each other's moods, and reveals just how long you can circle an area late at night looking for a hotel room before one of you snaps.

If it's road trip, you get to play the "Which Way Do I Turn?" game. Always good for a fight.

You're inches away from the intersection, there's an 18-wheeler on your rear end and he's screamin', "Which way do I turn? Which way do I turn?" and you're frantically searching for too-small-to-be-on-the-map corners on your 1954 map for a road that doesn't exist anymore.

Then you discover just how long you can go without speaking to each other once you finally haul yourselves out of the ditch.

It's easy to understand

why people enjoy traveling alone.

When you're traveling alone and you get lost you can simply admit it instead of driving in circles with him repeatedly saying: "I'm sure it's just around the next corner, I remember from when my family came here when I was six weeks old."

There are lots of wonderful things about traveling with a partner. Discovering you travel well together can really solidify a relationship.

It helps if you like the same things. If your idea of a vacation is paddling your way to an island in the middle of a lake and setting up camp and his is five-star hotels, it might be a problem.

For their first trip together, a friend of mine dragged her devoted city boy camping. She said it was like camping with Felix Unger, you know, the anal half of the Odd Couple?

Sure, use the last of the drinking water to wash your hands for the 14th time in 10 minutes. Though the benefit is that the Felix Unger types come up with ideas like softening your hard-earth bed with leaves, she laughs.

Ultimately, it's not the where, when, and how of traveling together that are important, but your ability to go with each other's flow.

Though, you might want to get yourself a fully updated GPS before you go, just in case.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com and follow her at twitter.com/joseyvogels



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"It's easy to understand why people enjoy traveling alone. When you're traveling alone and you get lost you can simply admit it instead of driving in circles with him repeatedly saying: 'I'm sure it's just around the next corner, I remember from when my family came here when I was six weeks old.'"



Are we having fun yet? A trip with your partner can turn from hell-a-fun to just plain hellish in the blink of an irritated eye.

ADVERTISING FEATURE

WHAT IS THE CANADIAN CANCER SOCIETY RELAY FOR LIFE?

The Canadian Cancer Society *Relay For Life* is a celebration of survival and a tribute to the lives of loved ones who have been touched by cancer. The inspiring, community-based event is an overnight non-competitive relay involving teams of 10 people who take turns making their way around a track. Since the first *Relay For Life* event in Canada in 1999, which raised \$85,000, the number of events and participants has increased each year. Last year in Nova Scotia alone, 23 communities supported *Relay For Life* events and raised an astounding \$2.3 million in the fight against cancer. We salute the thousands of Nova Scotians who have made *Relay For Life* a successful and inspiring event. Your efforts have truly made a difference.

Join us—again or for the first time—in the biggest cancer event to make the biggest difference.

HOW CAN I GET INVOLVED?

We thought you'd ask that question! There are five easy ways you can become engaged:

1. Become a *Relay For Life* team captain and recruit your team from among your business colleagues, family members, or community.
2. Sign up to be a team member. We'll help you find a team in your area or at your company.
3. Participate in the Survivors' Victory Lap.
4. Volunteer at a *Relay* event in or near your community.
5. Purchase a luminary in memory of a loved one lost to cancer.

Register for your local *Relay For Life* at cancer.ca/relay



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Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com and follow her at twitter.com/joseyvogels



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The Complete Idiot's Guide to Cheese Making by James Leverentz (\$18.50) is for both the novice who will enjoy learning this skill and food enthusiasts interested in wholesome, nutritious foods made from scratch. Available at amazon.ca. **METRO NEWS SERVICES**

Food



Which drink is mine?

During social gatherings like outdoor barbecues the common dilemma of "which drink is mine?" often arises. To avoid this problem as well as add a fun "identity" to your bottle, cup or can, a new customizable drink marker called Drinkmarx can help. Available as a set of four (for \$9.95), these plastic drink cuffs come in pink, brown, green and blue and can be personalized using the 120 decals provided. To purchase, visit drinkmarx.com. **METRO NEWS SERVICES**

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Personal Gourmet recipe of the month

ROSE REISMAN

Summer sandwiches

Wraps and sandwiches are the perfect food for this time of year.

They are easy to prepare and take only minutes. Serve with a great salad to start and you have a fantastic nutritious meal.

Roasted Vegetarian Sandwich with Brie

PREP TIME: 15 MINUTES

COOK TIME: 25 MINUTES

After tasting this sandwich you might decide to go vegetarian! **SERVES 8**

INGREDIENTS:

- ½ large red onion, sliced
- 1 red bell pepper, cut in 8 wedges
- 1 large portobello mushroom, thickly sliced
- 1 zucchini, cut in 3 slices lengthwise
- 2 Tbsp pesto sauce
- 2 Tbsp low-fat sour cream
- 1 Tbsp olive oil
- 2 tsp balsamic vinegar
- ½ tsp minced fresh garlic
- 4 large rolls (each 3 ½ oz), split
- 2 oz brie cheese, thinly sliced

METHOD:

1. Preheat the oven to



Italian Grilled Chicken Sandwiches with Pesto-Cheese Sauce.

425°F. Line a rimmed baking sheet with foil.

2. Place the onion, red pepper, mushroom and zucchini on the prepared baking sheet. Spray lightly with cooking oil. Roast the vegetables, turning once, for 25 to 30 minutes or until tender. Remove and allow to cool.

3. While the vegetables are roasting, combine the pesto and sour cream in a small bowl.

4. Cut the roasted vegetables into pieces that fit the shape of the bread. Place in a bowl and toss with the oil, vinegar and garlic.

5. Spread the pesto mixture over the bottom half of each roll. Top with the vegetable mixture and brie. Replace the top half of the roll and cut in half to serve.

Nutritional Analysis per Serving: Calories 187; Protein 6 g; Fat 6 g; Saturated Fat 2.2 g; Carbohydrates 29 g; Cholesterol 9 mg; Sodium 298 mg; Fiber 2.5 g

Italian Grilled Chicken Sandwiches with Pesto-Cheese Sauce

PREP TIME: 20 MINUTES

COOK TIME: 5 MINUTES

I save calories in this sandwich by removing the interior from the loaf of bread and leaving the crust intact. **SERVES 6**

INGREDIENTS:

- 2 Tbsp pesto
- 2 Tbsp light mayonnaise
- 1/3 cup light ricotta (5%)
- 3 Tbsp light cream cheese, softened
- 1/3 cup crumbled goat cheese (about 1 1/2 oz)
- 1 whole Italian round loaf of bread (about 1 1/4 lb; about 12 inches across)
- 8 oz skinless boneless chicken breasts (about 2 breasts), pounded flat
- 1 roasted red pepper, thinly sliced
- 2 cups shredded romaine lettuce
- 2 medium plum tomatoes, sliced and seeded
- 1/3 cup diced red onion
- 1/3 cup chopped black olives

Nutritious and delicious!

- pinch of salt and pepper

METHOD:

1. To make the pesto-cheese sauce, combine the pesto, mayonnaise, ricotta, cream cheese and goat cheese in a food processor and purée until smooth.

2. Cut the loaf of bread in half horizontally and pull out as much of the bread as possible, leaving only the crust.

3. In a nonstick grill pan or skillet lightly coated with cooking spray, cook the chicken breast just until no longer pink, about 5 minutes. Cool, then slice thinly.

4. Spread the pesto-cheese sauce over both the bottom and the top half of the loaf. Layer the bottom half with the chicken, roasted red pepper strips, lettuce, tomatoes, onion, olives, salt and pepper. Top with the top half of the loaf and cut into 6 sandwiches.

Nutritional Analysis per Serving (1 sandwich): Calories 345; Protein 17 g; Carbohydrates 53 g; Fiber 4.5 g; Total fat 8.3 g; Saturated fat 3.7 g; Cholesterol 20 mg; Sodium 560 mg

About Rose



Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com & personalgourmet.ca

Liquid Assets

Peter Rockwell

metronews.ca/liquidassets

Next big thing

In the booze business what goes around comes around. That means no matter how cool, innovative or tasty: What's here today will be out tomorrow and then it will get back in line to wait its turn to become the next big thing again.

Take "fruit bomb" wines: Those big-boned, berry-luscious reds that made Australia and California famous thanks to their stand-alone flavours that often work better as a cocktail than they do a dinner companion.

Thanks to the popularity of Argentinean vino; more balanced reds (with Old World-style leanings) have been beating the bombs to the glass of late. Fans of palate-coating wines need not worry. While many wineries have toned down the explosive berry blast, there's still plenty of chewy juice out there.

California merlot is a perfect example, with **J. Lohr Estates' 2007 Los Osos Paso Robles Merlot** (\$19.95 - \$23.29) serving up a lip-smacking burst of black currant and jammy cherry thanks to an injection of malbec, petit verdot and cabernet sauvignon into the blend.



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Elton John is no Idol

There's still no word on who will replace Simon Cowell on American Idol, but it definitely won't be Elton John. The singer reportedly turned down an offer of \$33 million US to take over as judge for the series, according to Access Hollywood. **METRO WORLD NEWS**

15

Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

Shad gets Fresh start

TheAudioFiles

Bryan Borzykowski

metronews.ca/music

If this were a column about the best YouTube music videos, Shad's spot for The Old Prince Lives at Home would probably top the list. The video is almost a scene for scene copy of the opening to the '90s sit-com The Fresh Prince of Bel Air, except the Toronto hip-hop artist's song is playing instead of Will Smith's famous rap.

It's an incredible recreation. Shad nails all of Smith's mannerisms and

the twist ending is hilarious. The video got a lot of people talking about the rapper and got me excited about how he would treat the songs on his new album, TSOL, which is out today and is the followup to his Polaris nominated effort The Old Prince.

So, I was a little disappointed to discover it wasn't Shad who came up with the Fresh Prince concept. "I just showed up," he says about the video. "The directors threw the idea at me."

While I'd like to see another humorous video from Shad, I can let it go. It's obvious that the Kenyan-born, London-Ont.-raised rapper put all his creative energy into this new record.

The disc starts off with an incredibly infectious soul track based around Rose Garden, a Lynn Anderson country tune. That alone would have been enough, but Shad's blistering raps and occasional oddball lyrics turn this into yet another rap record that Canada's music industry would be wise to export.

While some of the songs' topics may seem unusual he's not afraid to tackle some of rap's more sensitive issues, like the lack of women in hip hop on the track Keep Shining.

"Rap is still a very guy to guy conversation," he says. "We're leaving people out of the conversation. We need to open it up more." The disc could easily



TSOL is the followup to The Old Prince, which earned Shad a Polaris Music Prize nomination.

thrust the talented MC into the same stratosphere as K'naan or K-os.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

Shad's new album is out today

Got to Dance

Paula Abdul will return to prime time — and a judges' table — as a part of a new dancing competition called Got to Dance on CBS, according to The Hollywood Reporter.

TVGUIDE.COM



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HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
5/25/10	31	31	31	ABC News Center 5	World News	Inside Edition	Chronicle	Dancing With the Stars	Dancing With the Stars	Dancing With the Stars		
	7	7	7	ASN Road to Avonlea (DVS)	Degrassi: TNG	TMZ (N)		Dancing With the Stars		Anaconda * (1997, Suspense), Ice Cube		
	11	11	11	CBC Wheel Fortune	Jeopardy! (N)					NHL Hockey: Blackhawks at Sharks		
	2	2	2	CBC-F Chère Betty (HDTV) (SC)	Squelettes	Tout		Beautés désemparées (SC)		Bons baisers de France (SC)		Le Téléjournal
	32	32	32	CBS WBZ News (N)	Evening News	Wheel Fortune	Jeopardy! (N)	NCIS "Rule Fifty-One"		NCIS: Los Angeles (N)		The Good Wife
	69	69	69	CFTM TVA nouvelles	Sûreté-salé	La Fière de la danse (SC)		Caméra café		La Grande Évasion (HDTV)		TVA nouvelles
	6	6	6	CHIF Entertainment	ET Canada	The Good Wife (N)		NCIS "Rule Fifty-One"		Glee "Funk"		News Final (N)
	9	9	9	CJCH etalk	Access H.	Castle "Love Me Dead"		American Idol		Dancing With the Stars		
	10	10	10	ELTV (6)	EastLink Television			Podium TV		Community Matters		
	36	36	36	FOX Seinfeld	The Simpsons	Two/Half Men	Two/Half Men	American Idol		Glee "Theatricality" (N)		Fox First
	12	12	12	NBC News (N)	Nightly News	Access H.	Extra (N)	The Biggest Loser One contestant wins the grand prize.		Paranthood (N)		
	29	29	29	NW (6)	Power & Politics	The Lang & O'Leary Exchange		Connect with Mark Kelley		CBC News: The National		National
	4	4	4	PBS-B PBS NewsHour (N)		Greater Boston	Maria Hinojosa	NOVA (HDTV) (DVS)		Frontline (HDTV) (DVS)		Frontline
	35	35	35	PBS-D PBS NewsHour (N)		Business Rpt.	Steves Europe	NOVA (HDTV) (DVS)		Through a Dog's Eyes (HDTV)		Guberna-torial
	68	68	68	TQS Guerre clans	Atomes croch	Oncle Charlie	Roxy (N) (SC)	CSI: NY (SC)		Flashpoint (SC)		L'Attaque à 5
	26	26	26	BNN Business News	Headline	Market Call Tonight		The Close		Score Now		Score Now
	18	18	18	CNN Situation Room-Wolf Blitzer		John King, USA (N)		Campbell Brown (N)		Larry King Live (N)		Cooper 360
	54	54	54	GOLF Golf Central	Play Lessons	Learning	Inside PGA	The Story of Golf (HDTV)		The Story of Golf (HDTV) (N)		Haney Project
	52	52	52	RSE Connected W-Prime Time		UFC Primitime	UFC Primitime	MMA Conn		The Ultimate Fighter (HDTV)		Sportsnet Con.
	55	55	55	SCOR After Wrestling	Covers Experts	Cabby Unlimt	Score Today			Score Now		Score Now
	45	45	45	SPD Barrett-Jackson 2007		NASCAR	NASCAR Hub	Race in 60 (HDTV) (N)		Monster Jam (HDTV) (N)		Danger-Drives
	53	53	53	TSN Off the Record	SportsCentre	That's Hockey! Playoff Edition		North American Poker Tour		NBA Basketball: Lakers at Suns		Wizards-Place
	43	43	43	FAM Han, Montana	Wizards-Place	Sonny-Chance	Suite Life	Overruled!		Han, Montana		Latest Buzz
	44	44	44	TOON Jimmy Two	Johnny Test	Johnny Test	Total Drama	6TEEN		Futurama		King of the Hill
	26	26	26	TREE Wonder Pets	3rd & Bird	Backyardigans	Night Garden	Waybuloo		Toopy & Binoo		Babar
	27	27	27	YTV iCarly	To Be Indie	That's-Weird	Family Biz	Malcolm-Mid.		Hates Chris		Family Biz
	16	16	16	A&E The First 48		The First 48 "Silenced"		Criminal Minds (HDTV)		Criminal Minds (HDTV)		Criminal Minds
	70	70	70	APTN APTN National News (N)		Fish Out of	Mixed Blessing	Cashing In		Rabbit Fall		Beyond Words
	50	50	50	BET 106 & Park: BET's Top 10 Live	Recording artist T.I. (N)			The Best Man (2006, Suspense)		Keeley Hawes.		Tiny & Toya
	37	37	37	BRVO Emily of New Moon		Live at the Rehearsal Hall		Symphonic Landscapes		Kent Nagano.		Spect
	25	25	25	CMT CMT Star		Amer. Funniest Home Videos		Reba		According-Jim		According-Jim
	49	49	49	COM Just for Laughs		Air Force	22 Minutes	Corner Gas		Name Is Earl		South Park
	153	153	153	COURT Killer Next Door		Killer Next Door		Duty Calls		Criminals		Unfold Stories
	38	38	38	DISC Destroyed	Destroyed	Daily Planet (N)		How It's Made		How It's Made		Destroyed
	34	34	34	HGTV Extreme Makeover: Home		House Hunters	Property Virgin	Outdoor Room		Curb/Blocc		Genevieve
	46	46	46	HIST Ancients Behaving Badly		Aftermath (HDTV)		Cities of the Underworld		Pawn Stars		Pawn Stars
	17	17	17	MM Buffy the Vampire Slayer		Styl'd		Styl'd		When I Was 17		When I Was 17
	19	19	19	MMM mmtop10.ca		The Daily Fix		Ranked!		When I Was 17		mmtop10.ca
	201	201	201	M1 (6:35) Bedtime Stories (2006, Comedy)				(8:25) Web of Lies (2009, Suspense)		Transformers: Revenge of the Fallen		
	48	48	48	OLN Mantracker		Ghost Hunters		Destination Truth		Operate-Repo		Operate-Repo
	51	51	51	PEACH The Office	The Office	Family Guy	Family Guy	House-Payne		Law & Order: SVU		Seinfeld
	206	206	206	PIX (6:45) View of Terror (2003, Suspense)				(8:20) Johnny Mnemonic * (1995)		Austin Powers: International Man of Mystery		RDI économie
	67	67	67	RDI RDI monde		RDI économie		24 Hours en 60 minutes		Grandes reportages (SC)		Sara Paxton.
	39	39	39	SHOW Trailer Park	Trailer Park	Relic Hunter		The Party Never Stops (2007, Drama)		Party Mamas		Party Mamas
	40	40	40	SLICE Tilt Debt-Part	Wedding SOS	Rich Bride Poor Bride		Star Trek: Voyager		Medium (N)		Medium (N)
	47	47	47	SPACE Stargate SG-1 (DVS)		Stargate Atlantis (DVS)		Deadliest Warrior (HDTV)		Deadliest Warrior (HDTV)		Deadliest
	14	14	14	SPIKE CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		The Ellen DeGeneres Show (N)		6 Going on 60 (HDTV)		6 Going on 60 (HDTV)
	98	98	98	STAR etalk	TMZ (N)	Look-A-Like	TMZ	The Celebrity Apprentice Mr. Trump chooses a winner.		Dog Whisperer		Parl' autremnt
	21	21	21	TLC Say Yes, Dress	Say Yes, Dress	Best Food Ever (HDTV)		Adresse inconnue		Styl "Exile" (DVS)		Medium
	56	56	56	34 TROP End of Leash		The Celebrity Apprentice Mr. Trump chooses a winner.		Adresse inconnue		Styl "Exile" (DVS)		Medium
	20	20	20	TVS Que-champion	Journal de Fr2	Bêtes à concours		Adresse inconnue		Styl "Exile" (DVS)		Medium
	28	28	28	V Just Cause		Murder, She Wrote		Missing A judge is blackmailed.		Beauty Call		Style by Judy
	60	60	60	97 VIVA Psychic Inv.	Encounters	Cold Case "Gilded"		Sex and City		Beauty Call		Style by Judy
	22	22	22	W House-Sell	House-Sell	Supernanny		Life Unexpected (HDTV)		90210 (HDTV)		WGN News
	251	251	251	WGN WGN Evening News		Two/Half Men	Family Guy					

critics'corner

NCIS: Los Angeles

Callen (Chris O'Donnell) tries to find a woman with information about his past — and, indeed, his identity — as well as a forgotten fortune that is earmarked to fund a new war in the Middle East before a ruthless adversary gets to her. LL Cool J and Linda Hunt also star in the first season finale. 10 PM on CBS



Paranthood

Sarah (Lauren Graham) meets with Mr. Cyr (guest star Jason Ritter) to discuss Amber (Mae Whitman). Crosby (Dax Shepard) must decide if he will stay with his old family or move in with his new one. Zeek (Craig T. Nelson) tries to win back Camille (Bonnie Bedelia). Julia (Erika Christensen) reluctantly serves on a committee at Sydney's (Savannah Paige Rae) school but is flustered by her assignment in the season finale, "Lost and Found." 11 PM on NBC



For May 20th

- 9 Kardinal Offishall ft Akon - BodyBounce
- 8 B.o.B ft Bruno Mars - Nothin' On You
- 7 Alex Lacasse - Like This, Like That
- 6 Miley Cyrus - Can't Be Tamed
- 5 Hedley - Perfect
- 4 Down With Webster - Your Man
- 3 Drake - Over
- 2 Ke\$ha - Your Love Is My Drug
- 1 B.o.B ft Hayley Williams & Eminem - Airplanes

WE WANT YOU!

You could guest host the Interactive NINE@9.



Good news, Glee: Fox already has ordered a third season of Glee, TVGuide.com has confirmed. The freshman series has averaged 9.4 million total viewers. **TVGUIDE.COM**

Entertainment in brief

DEATH The husband of Brittany Murphy was found dead at his Los Angeles home late Sunday, five months after

the Hollywood actress died, police said. Simon Monjack was 39.

THE ASSOCIATED PRESS

ON JUNE 4TH...
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DVD picks



The Road

Director: John Hillcoat

EVEN WHEN HOPE has been exhausted, there is always love. This is what sustains us in watching the struggles of a father and son in John Hillcoat's bleakly inspiring adaptation of Cormac McCarthy's apocalyptic novel *The Road*.

Viggo Mortensen and Kodi Smit-McPhee are that unnamed father and son, and we have no real reason to expect a positive outcome for them. The world has been nearly shorn of life by an unnamed but likely man-caused calamity.

Yet we marvel at the

bond between parent and child and their determination to keep "carrying the fire" for as long as they can.

The Road is a horror movie — cannibalism has replaced civilization — but it's an uncommonly smart and deep one. There's an Old Testament directness to McCarthy's prose, which screenwriter Joe Penhall has faithfully adapted.

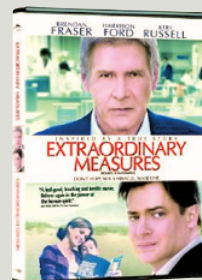
A prologue with Charlize Theron as the practical wife sets up the them-or-us scenario: either you choose suicide or you choose to be raped and then eaten by the cannibal gangs that roam the darkness.

She made her choice. The father and son are now making theirs, which involves heading south to escape the constant cold and possibly to find signs of restoration.

A movie this austere, like a stage play by Samuel Beckett or Thornton Wilder, demands much of its actors. American journeyman Mortensen and Australian newcomer Smit-McPhee are more than up to the task, deliv-

ering stellar performances as flawed yet redeemable humans.

Extras include a commentary by Hillcoat, deleted scenes and a making-of featurette.



Extraordinary Measures

Director: Tom Vaughan

A TITLE CARD advises us that this medical drama, efficiently directed by Tom Vaughan (Starter For Ten), is "inspired by true events." That's Hollywood code for factual liberties that have been taken.

For example, Harrison Ford's irascible scientist character, Dr. Robert

Stonehill, is based on several irascible scientists. And the real family seeking a medical miracle, headed by determined businessman John Crowley (Brendan Fraser), lives in New Jersey rather than the picturesque Oregon seen in the film.

The movie actually works better as an instructional video on the flaws of the American medical system than it does as melodrama.

Crowley is a corporate star with a flair for salesmanship. He's happily married to Aileen (Keri Russell). The couple have three children, the two youngest of which have pompe disease, a rare and aggressive form of muscular dystrophy.

Crowley learns that Nebraska research scientist Dr. Stonehill has made a breakthrough with enzyme treatments that might prolong the lives of pompe sufferers. He didn't reckon on Stonehill's eccentricities, or the heartless bureaucracy of corporate health care.

Peter Howell/for Metro Canada

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WILLIAM SHATNER is priceless, **SAMANTHA RONSON** is not a happy customer, **JIM CARREY** is trying to understand his own art and **JUSTIN BIEBER** is dealing with obnoxious friends.

@WilliamShatner Someone just asked me if I know who owns the legal rights to my face. Either way, you couldn't afford it.

@samantharonson Dear Lufthansa, your carry on rules suck! Oh wait- so does your food- and everything else. Dear everyone else- don't fly them!

@JimCarrey Painted a man running in flames cause he can't live in a shelter. It's meaning has not yet occurred 2 me but I'm sure it's a good thing!

@justinbieber i wasnt hacked...my friend was messing with my twitter. guess i got some of my own medicine :) everything is all good.

You don't have to tell her everything

JUST LET HER KNOW IF YOU HAVE A SECOND WIFE Katherine Heigl admits that it's OK for couples to keep secrets from each other. "I don't think my husband does," she says, though she insists she doesn't mind if he does. "I think if he had a second wife in Spain, that would probably be too big a secret to keep, but if he's using Rogaine, that's OK."



METRO WORLD NEWS

Lohan's lockdown

LAYING DOWN THE LAW FOR LILO A judge has refused a request by Lindsay Lohan's lawyer to ease restrictions involving drug and alcohol testing on the actress so she can film a movie in Texas.

Lohan appeared sombre and concerned yesterday when she conferred with her lawyer about attaching an alcohol-monitoring bracelet to her ankle and requiring drug testing every week in the Los Angeles area.

Lohan's

lawyer, Shawn Holley, told the judge Lohan was planning to travel to Texas to film a movie, but the judge suggested the actress

may have to delay the project.

The judge also set a probation violation hearing for July 6 to address Lohan's failure to appear in court last week for a scheduled progress report on her probation stemming from two arrests in 2007.

Lohan, 23, arrived in the Los Angeles area Saturday after a flight from Europe, where she spent a few days at the Cannes

Film Festival and partying into the wee hours on the day she was supposed to be in court. She was to be arrested upon her return to Los Angeles for missing the mandatory hearing, but the judge recalled the warrant

Thursday after Lohan posted bail.

THE ASSOCIATED PRESS



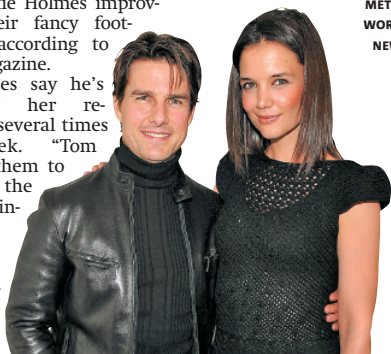
Can't stop the dancing

HIS NEW MADNESS After a dance performance together at a benefit earlier this month, Tom Cruise is reportedly obsessed with he and Katie Holmes improving their fancy footwork, according to OK! Magazine.

Sources say he's making her rehearse several times a week. "Tom wants them to become the new Ginger Rogers and Fred Astaire," a

source says. "He loves the idea of performing on stage with her but believes Katie has a long way to go before she's ready."

METRO WORLD NEWS



Brit takes it out on hair

WHAT A TRESS-BUSTER Britney Spears' hair suffered from another meltdown by the pop singer, according to In Touch. During a Mother's Day trip to Disney Land, Spears and boyfriend Justin Trawick reportedly had an argument that led to Spears locking herself in her room.

"She started out crying hysterically and refused to

go out," a source tells the magazine.

"Jason and the boys were left sitting with the nanny all day. They never got to meet Mickey Mouse." While locked away, Spears reportedly ordered a pair of scissors

delivered to her room and started cutting her hair off.

"When the cleaners came to the room, so much hair had been flushed down the toilet, it was blocked," the source adds.

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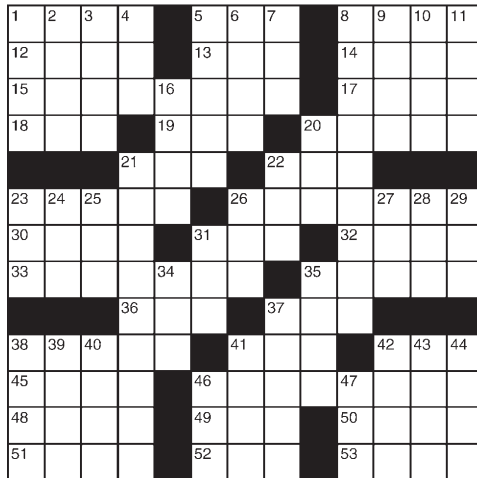
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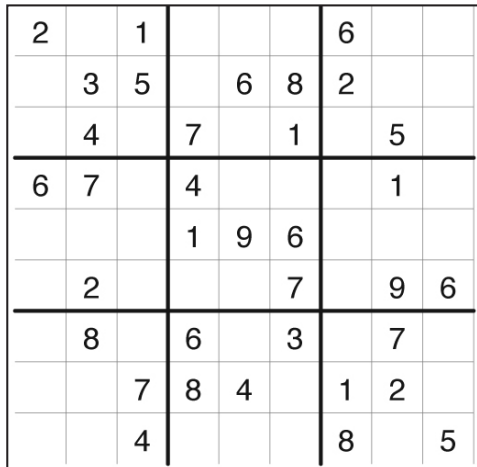
Take Five

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Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



ACROSS

1 Frilly, in a way
5 Silent
8 Carey or Barrymore
12 Soprano's solo
13 Raw rock
14 Libertine
15 "Don't touch" warning of a sort
17 Knitter's need
18 Put into words
19 Store sign abbr.
20 Seafood entree
21 "— good deed"
22 Four qts.
23 Mad
26 Dealer in rocks
30 Oodles
31 Aries
32 Aviation-related
33 Tremble
35 Sleep soundly?
36 Lummo
37 — relief
38 Nick
41 Press for payment

42 Wrestling surface
45 Out of control
46 Divers' gear
48
Unembellished
49 Toward the stern
50 Utter failure
51 Oklahoma city
52 Prepare Easter eggs
53 "How clumsy of me!"

DOWN

1 Legislations
2 Vicinity
3 Urban area
4 Shril bark
5 Ballerina Shearer
6 Coffee shop vessels
7 Encountered
8 Washes without water
9 Bellow
10 Multinational money
11 Make one's way
16 Sailor's greeting
20 Spotted
21 Car "in the shop" ship : —
22 Item for 26-Across
23 Mornings (Abbr.)
24 "Unh-unh"
25 Wildebeest
26 Pickle holder
27 Writer
Buscaglia
28 Blunder
29 Shad offering
31 Ump
34 Doo follower
35 Without
37 Montana city
38 Appellation
39 Portent
40 Actress
Spelling
41 Go up against
42 Venus de —
43 On
44 Recipe measures (Abbr.)
46 Bankroll
47 Faraway craft (Abbr.)

Metro Recipe of the Day



Crawfish Étouffée

INGREDIENTS:

1/3 cup all-purpose flour
1/2 cup vegetable oil
1 green pepper, chopped
1 onion, chopped
1 cup chopped celery
398 ml can tomato sauce
1 cup water
1 tsp Worcestershire sauce
1 tsp garlic powder
1 tsp paprika
1 tsp lemon juice
3/4 tsp Creole seasoning
1 kg frozen cooked crawfish tails, thawed
Hot cooked rice

METHOD:

1. In heavy Dutch oven, whisk flour and oil until smooth. Cook over medium-high heat 5 minutes, whisking constantly. Reduce heat to medium;

cook and stir 10 minutes longer or until mixture is reddish-brown.
2. Add green pepper, onion and celery; cook and stir 5 minutes. Add tomato sauce, water, Worcestershire sauce, garlic powder, paprika, lemon juice and Creole seasoning. Bring to boil.
3. Reduce heat; cover and simmer for 45 minutes. Add crawfish; heat through. Serve with rice.

SERVES 8

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



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sallybrompton.com For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20

Don't hold back today. If there is something that needs to be said then say it and don't worry what the consequences might be.

LIBRA

SEPT 23-OCT 23

Do something positive with your talents, something that boosts your status and reminds the world that you are someone to be taken seriously.

TAURUS

APRIL 21-MAY 21

If you have an hour or two to yourself today, write down all those brilliant ideas that have been flooding into your brain of late.

SCORPIO

OCT 24-NOV 22

You can be ruthless when the need arises and there is one particular thing you want so much that you will do almost anything to get your hands on it.

GEMINI

MAY 22-JUNE 21

Don't burden yourself with worries that what you intend to do may not meet with others' approval. What matters is that you approve of it.

SAGITTARIUS

NOV 23-DEC 21

It may seem to you as if others are making a point of disagreeing with you every chance they get but are they really or are you overreacting?

CANCER

JUNE 22-JULY 22

The Sun's transit of the most sensitive area of your chart is likely to make this a more reflective phase, but that is not an invitation to worry yourself sick.

CAPRICORN

DEC 22-JAN 20

Start thinking ahead and planning what you would like to do when Saturn, your ruling planet, moves in your favor again on the 30th.

LEO

JULY 23-AUG 23

Something in your life has run its course and must now be left behind. Something else is coming into your life and must be embraced.

AQUARIUS

JAN 21-FEB 18

Whatever it is you are planning to do you are strongly advised to begin it immediately. The more you keep putting it off the less likely you will finish it.

VIRGO

AUG 24-SEPT 22

Your mind may be full of great ideas but what are you going to do with them all? You will get the chance to apply some of those ideas.

PISCES

FEB 19-MARCH 20

What happens today or tomorrow is likely to upset a number of things you have come to rely on, but is that really such a bad thing?

This day in history

1961: Apollo program: U.S. President John F. Kennedy announces before a special joint session of Congress his goal to initiate a project to put a "man on the moon" before the end of the decade.
1979: American Airlines Flight 191: In Chicago, a McDonnell Douglas DC-10 crashes during takeoff at O'Hare International Airport killing 271 on board and two people on the ground.
2009: North Korea allegedly tests its second nuclear device. Following the nuclear test, Pyongyang also conducted several missile tests building tensions in the international community.

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